




# Head Start Menu



Every lunch comes with white, low-fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Fun Time Sack Lunch! Choice of Sandwich Baked Chips Carrots Fruit Juice</p>	<p>2</p> <p>Nachos Lettuce &amp; Tomato Refried Beans Spanish Rice Fruit Cup</p>	<p>3</p> <p>Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup</p>	<p>4</p> <p>Pizza Tossed Salad Steamed Broccoli Fruit Wiggles</p>	<p>5</p> <p>Specialty Burger Basket with French Fries Lettuce with Pickles Fresh Fruit</p>
<p>8</p> <p>Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup</p>	<p>9</p> <p>Tacos Lettuce &amp; Tomato Spanish Rice Charro Beans Pineapple Tidbits</p>	<p>10</p> <p>Mini Corn Dogs with Mac &amp; Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup</p>	<p>11</p> <p>Pizza Tossed Salad Seasoned Green Beans Banana Sundae</p>	<p>12</p> <p>Cheese Burger Basket with French Fries Lettuce with Pickles Fresh Fruit</p>
<p>15</p> <p>Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup</p>	<p>16</p> <p>Crispitos Lettuce &amp; Tomato Spanish Rice Refried Beans Pineapple Tidbits</p>	<p>17</p> <p>Chicken &amp; Waffles Fresh Carrots Steamed Vegetables Fruit Cup</p>	<p>18</p> <p>Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit</p>	<p>19</p> <p><b>ENJOY YOUR EASTER!</b></p> 
<p>22</p> <p>Boneless Wings with Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup</p>	<p>23</p> <p>Soft Tacos Lettuce &amp; Tomato Charro Beans Spanish Rice Rainbow Pears</p>	<p>24</p> <p>Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup</p>	<p>25</p> <p>Pizza Steamed Broccoli Garden Fresh Salad Berries &amp; Cream</p>	<p>26</p> <p>Chicken Strip Basket with Fries Lettuce with Pickles Fresh Fruit</p>

## Mix it Up!



*Mix up your fruit and veggie intake with a yummy smoothie!! Smoothies taste just as good, if not better, than candy and soda, but are very healthy for you!*

Blend yogurt or milk with fruit and veggie pieces and crushed ice. Use fresh, frozen, and/or canned fruits and veggies. Try bananas, berries, and/or pineapple for the fruit pieces and kale or spinach for the veggies. If you freeze the fruit first, you can even skip the ice!



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy	Scrambled Eggs with Bacon & Toast	Pancake Wrap	Breakfast Pizza	Oatmeal with Toast & Bacon
Pancakes with Fruit Topping & Whipped Cream	Ham & Cheese Croissant	Muffin & Yogurt	Chicken Biscuits	Pig in a Blanket

Low fat white Milk, an option of Fresh Fruit or Fruit Cup, and a Choice of Juice are offered everyday.